



SUPER GREEN SMOOTHIE BOWL



GF, RSF, VEG



5 mins



2 (or 1 large smoothie)



Ingredients

- 2 cups baby spinach
 - 1 large frozen banana
 - ½ lebanese cucumber, roughly chopped
 - 1 medjool date (stone removed)
 - 5 brazil nuts (you could also use a tbs of nut butter instead)
 - 2 tbs coconut paste* (or you could use flaked or shredded coconut)
 - 1 tsp spirulina powder
 - ¼ tsp vanilla powder
 - ½ cup almond milk
 - ¾ cup water
 - ½ cup ice
- Smoothie bowl toppings (optional):
Fresh raspberries, passionfruit, kiwifruit, blueberries and a muesli or granola of your choice
- * Coconut paste can be found in most health food stores or even the health food aisle in your supermarket.



Method

1. Add all the smoothie ingredients into a blender and blend until very smooth.
 2. Pour into a bowl, sprinkle over your favourite toppings, and enjoy!
- * You could also add a little extra water and enjoy it as an ice cold smoothie.

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